

New Easter Gowns of the Seven Fashion League

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Mrs. Lanfear Norrie's Gray Spring Gown.

MRS. LANFEAR NORRIE'S favorite Spring gown shows all the latest frills of fashion. The material is gray silk bunting. The color combination is pale yellow, green and gray. The gown has a distinct overskirt, tight sleeves, a train and three skirts. The skirt proper is sheer gray bunting, cut in scallops at the hem. It is made in the prevailing clinging fashion. Beneath the skirt of bunting is one of delicate green silk, and then another of soft white peau de soie. The overskirt is very long, cut up at the sides and comes to a point in front. It is trimmed with many rows of stitching and lined with green silk. The tight-fitting bodice has a deep yoke of yellow silk, with narrow bands of real lace insertion. Where the bodice joins the yoke the bunting is cut in scallops. Jade buttons fasten the bodice in front. The upper part of the sleeve is exactly like the yoke—made of yellow silk and lace insertion. Below the silk there are three rows of scallops, and at the knuckles, where the sleeve is finished, it is cut in scallops. The collar is extremely high. It is made of the gray bunting, stitched and scalloped at the top. This costume, which will be one of the most effective seen in New York at Easter time, beautifully outlines every curve of the figure.

Mrs. Harry Payne Whitney's Gown of Blue and Yellow.

MRS. HARRY PAYNE WHITNEY'S most novel Spring gown shows the odd color combination of blue and pumpkin yellow. The material is a blue open-work mesh wool grenadine made over pumpkin color silk. The skirt is moulded to the figure until very near the knees, but the pointed flounce at the bottom is unusually full and flaring. It is edged with a ruche of blue antique satin matching exactly the grenadine in color. Plaited pumpkin silk, real gold embroidery and cream lace are combined to form the very fetching, though odd, bodice. Over the plaited silk there is a slight bolero effect made of the exquisite gold embroidery and outlined with a tiny frill of real lace. The small, close-fitting sleeve is unusually elaborate. Grenadine is used for the upper part, but just above the elbow there is an insertion of the gold embroidery, and falling over the elbow is a bit of a frill of lace. The rest of the sleeve is of the tucked pumpkin silk. The sleeve is so long that it reaches quite to the knuckles of Mrs. Whitney's hand. Blue antique satin is used for the stock collar and cravat, the ends of which are long enough to tuck in the belt. The grenadine skirt has two linings, the one of pumpkin silk and another of soft blue silk, the same shade as the grenadine. This gown was designed exclusively for Mrs. Whitney and is not to be copied.

Mrs. Almeric Paget's Gown of Fawn Color Cloth.

HERE is the most effective of all Mrs. Almeric Hugh Paget's wonderful Spring costumes. It is an exquisite gown of fawn color cloth with hand-wrought embroidery in white satin and white silk cords. The skirt, like all the fashionable skirts of the day, clings to the figure and is made with a demi-train. The front breadth, which is cut to show an underskirt of fawn color silk, is entirely covered with a trailing design of roses and leaves hand embroidered in narrow white satin ribbon upon the cloth. The embroidery is a work of art so beautifully it is done, and it is used to trim the greater part of the skirt. To bring into prominence the front breadth of the skirt it is divided from the sides by a narrow band of deep fawn color velvet two or three shades darker than the cloth. The bodice is made with an embroidered bolero jacket outlined with a band of the deep fawn velvet and it frames a filmy vest of white chiffon. The lower part of the vest is hand-embroidered and the upper part covered with a big chiffon bow. There is a conspicuously high collar of folds of white satin and a narrow girde of fawn velvet. The close-fitting sleeve falls well over the hand at the wrist. It is trimmed below the elbow with a row of fawn color velvet buttons and at the shoulder with a frill of the narrow white satin embroidery.

Mrs. Cornelius Vanderbilt's

THE most expensive of all Mrs. Cornelius Vanderbilt's costumes is an exquisite black and white gown with hand-made embroidery. It is a black gown with narrow white chrysanthemum design. It trims the skirt, simulate a long pointed overskirt and also the bodice. A wonderfully beautiful flower, the bottom, which is all hand embroidered. The bodice is made with a deep point black paillette. There is also a deep square lined with bands of velvet and embroidered in white satin, dashed at the top, and fastened at the back with wonderfully solid silver. The sleeve is made of shirred shoulder, when the shirring stops and the embroidered like the yoke. All the embroidery upon the gown is in sign is very cleverly carried out with the yoke, which is embroidered with fine black

Three Pairs of Twins, All Sisters, and All by One Mother.

WHEN a little funeral party stood forever stood a twin sister of the dead around the open grave of Alice girl, and a few feet away were two other pairs of twins, all sisters. Another sister, a few days ago there was presented leaped on the arm of one of the two brothers, the mother of all the children was nations ever known. Close to the heap of supported by her third husband, and a son earth which was soon to cover the casket by her second husband watched the grave

diggers making preparations to fill the grave of his half sister.

In 1872 John Rush and his wife were married in Erie, Pa., and there they resided nearly three years. The husband was a farmer, a youth scarce nineteen years old, industrious and economical. In 1874, when Mrs. Rush gave birth to a pair of girl twins, the event was duly celebrated by the friends and neighbors of the happy father. The girls were named Eva and Lena.

Within a year the advent of the stork was once more heralded, and after his visit Mr. and Mrs. Rush surprised the neighbors by inviting them in to admire another pair of girl twins. The congratulations which the young couple had received on the birth of the first doublets were more than repeated for the four-in-hand, and the father went about his labors with a quickened sense of the responsibilities of marital existence.

At midnight of New Year's eve, 1882, an event occurred which crowned the Rush family as a most remarkable one. The mother gave birth to another pair of twin daughters. The girls were named Alice and Maggie. When they were at an age where they could be taken out on the street, the neighbors often saw Eva and Lena walking gravely ahead of their juniors by one year, Julia and Emma, while the baby twins rode in state in a carriage.

The last pair of twins were but six years old when the father of the family died at the age of thirty-five. Six months later Mrs. Rush married Henry Wiedemann. To Mr. and Mrs. Wiedemann a boy was born, but for some reason the married life of the couple was not a smooth road, and it abruptly terminated in the divorce court in 1892.

The mother of the interesting family shunned the advances of those who desired to take up the white man's burden where Wiedemann had laid it down, but in 1894 she married Anton Zibbe, and is now living in happiness with him. The couple have had no children.

In 1893, Lena Rush, one of the first pair of twins, then seventeen years old, became Mrs. Gerlinger, and is now the mother of three boys. The family trait seemed to develop in another of the twins, for Julia, of the second pair, who married five years ago, gave birth to a pair of twins. Both died, however, in a few years and married life not being to her liking, the mother secured a divorce and resumed her maiden name.

A remarkable feature of the strange story of the Rush girls is the fact that all of them, except the one who became Mrs. Gerlinger, have for some time been employed in two restaurants operated by one firm on the west side. The remarkable similarity of appearance has caused much wonder and confusion among patrons who occasionally alternate between the restaurants and seem to find the same girl waiting to take their orders at either dining room.

Ker-Chugh! Ker-Chugh!—Important New Discoveries About—

VERY kind of cough that has afflicted mankind has been catalogued by science, and the pharmacist and the physician have gone hand in hand to cure it, but no one seems to have given any particular attention to the question of sneezing. Modern medical works devote much space to descriptions of the various kinds of coughs. They tell why and when humanity coughs and enumerate the muscles which are concerned in the production of a cough. They don't do that with a sneeze.

As a matter of fact there is no medical work extant which seems able to analyze a sneeze. It is usually referred to as "a nasal reflex" and dismissed in two lines. Yet any one who has ever sneezed a dozen times without an appreciable break knows that it exhausts him more than any fit of mere coughing.

It seems to be this view of the case which has induced Dr. James B. Ball, physician in charge of the throat department of the West London Hospital, to make a special study of sneezing. After years of research he has communicated the results to the London Lancet, and has thereby given students of throat and nasal complaints something to think about and enriched medical literature in a needed direction.

The occasional, or retail, sneeze does not interest Dr. Ball very much. Wholesale sneezes are his specialty. The single sneeze is looked upon as merely an effort of nature to clear the olfactory tract quickly, and, in the opinion of Dr. Ball, it does not become a serious affection until it becomes paroxysmal.

With the thoroughness of an anatomist Dr. Ball has gone into the whole subject of sneezing, and has made some extraordinary and novel discoveries. For instance, he says that he has no doubt whatever that paroxysmal sneezing is hereditary. Virchow, in one of his recent lectures to the students at the Charing Cross Hospital, declared that the primal cell contained all those elements which determined heredity. As Dr.

Ball's discovery that sneezing was hereditary had not then been announced, Professor Virchow's cell may have to be enlarged to permit of a sneezing extension.

Neurasthenia, which is the scientific term for nervous exhaustion, and sneezing are very closely allied, says Dr. Ball. In fact, he says that any one who is subject to paroxysmal sneezing is necessarily a highly nervous subject. In that category he includes those who suffer from hay fever. Dr. Ball says, practically, that he does not believe there is any such definite complaint as hay fever. He says it is an undoubted fact that many persons nearly sneeze their heads off during the hay-making season, but that careful investigation has caused him to decide that they sneeze nearly as much at other times of the year.



1 TO 6—MICROSCOPIC POLLEN OF VARIOUS PLANTS FOUND IN HAY WHICH IRRITATE THE MEMBRANES OF THE NOSE AND CAUSE HAY FEVER.

Dr. Ball says that he has tried nearly everything in the pharmacopoeia to control paroxysmal sneezing. Admitting the neurasthenic element in cases of sneezing, Dr. Ball says that he "prescribed all the usual nerve and other tonics which one gives in such cases," but, he adds, he has never seen a cure.

Thus Dr. Ball arrives at the most startling point of his paper, which is the declaration that sneezing is a virtually a surgical disease and must be treated by the knife and saw. According to Dr. Ball, there exists in the nose of every person afflicted with paroxysmal sneezing a veritable "sneeze bone." When

Diagram showing the newly discovered nerves of the nose connect with the brain, and the shock the whole nervous system.



How to Prevent Insomnia by Exercise in the Bedroom.

THE immediate cause of insomnia is raising them horizontally, forward and upward, rising on the balls of the feet, inhaling and exhaling as before.

Next stand with the weight on the foot. Extend the other a long slow diagonal forward, touching the toe to the ground. Partially transfer the weight to the forward foot, at the same time bend that knee as much as possible and raise the heel high from the ground, keeping the whole of the back foot on the ground until this position of the bent knee and the raised heel of the forward leg is firmly taken.

Then gradually pull all but the toe of the back foot from the ground, while pressing down forcibly, as if overcoming a strong resistance, with the forward leg. The forward knee straightens, the whole foot comes to the ground and the weight is transferred to the forward leg during the movement. Slowly transfer the weight to the back leg, forcibly pushing that foot to the ground as the heel of the forward foot rises.

If sufficient force is exerted in pressing the feet to the ground, after five minutes' practice they will glow and tingle. That the extremities be warm is a necessary condition of slumber.

Lying in an easy position, first hold some thought of release from care.

Then slowly raise the arms as high as possible, the hands relaxed. More slowly still lower the arms, letting the fingers touch the covering first, then the hand, the forearm and last the nerve force is released from the shoulder and the whole arm is at rest. Accompany the exercise with deep, low respiration.

Repeat several times, more slowly each time. Many people are troubled with wakefulness in the night after a short sleep. It requires determination to rise and take exercise, although that is the only way in which some persons can obtain relief. Frequently the exercise will induce sleep, or gently rolling the head from side to side, at the same time taking long, regular breaths, may prove effective, or opening the mouth wide with each deep inhalation and repeating the syllable "wa" will often result in drowsiness.

THE "SNEEZE BONE" AND

By Dr. James

SNEEZING is a familiar nasal reflex and however, it becomes paroxysmal it is a most severe who sneezed 232 times without an apprehension people were obliged to use from thirty to forty. Excessive sneezing is hereditary. That it runs of my cases there is a history of similar troubles lateral relations. In 33 per cent of my cases I have sneezing or asthma, or both, in one or more members. To effect a cure of this condition thorough cautery is occasionally useful for the cauterization exist, but the cautery treatment is usually not. The main trouble is that spurs or crests of binais. These must be sawed off. Deflection that the passage shall be left free for respiration prevented. For this purpose the turbinates themselves complete removal of one or both inferior theoretical considerations must be allowed relieve the patient. I am convinced of it. Physician in charge



The Six Twin Sisters of the Rush Family.